

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CARDIO

SPEED 1.0

**TOTAL BODY
CIRCUIT**

AB INTERVALS

**LOWER FOCUS
+ CARDIO**

STRETCH

REST

CARDIO

**TOTAL BODY
CIRCUIT**

SPEED 1.0

CARDIO

**LOWER FOCUS
+ AB
INTERVALS**

STRETCH

REST

**TOTAL BODY
CIRCUIT**

SPEED 1.0

LOWER FOCUS

CARDIO

**TOTAL BODY
CIRCUIT + AB
INTERVALS**

STRETCH

REST

CARDIO

**TOTAL BODY
CIRCUIT**

LOWER FOCUS

**TOTAL BODY
CIRCUIT**

**AB INTERVALS
+ SPEED 1.0**

STRETCH

REST

**TOTAL BODY
CIRCUIT**

AB INTERVALS

**TOTAL BODY
CIRCUIT**

CARDIO

**TOTAL BODY
CIRCUIT +
LOWER FOCUS**

STRETCH

REST